



November Feature – Holiday Planning

Too often, the holidays are a stressful time of year. Your busy schedule may get even busier as you try to squeeze in shopping, decorating, and socializing. You may experience stress over a family visit or pressure to overspend on gifts. Or maybe this time of year makes missing a loved one who is no longer in your life even more painful.

If you're feeling overwhelmed or struggling to manage difficult emotions, you can contact **inConfidence** any time, 24/7, for support. Our team of expert advisors can help you balance your schedule, prioritize your to-dos, and find strategies to cope with the stress of the season.

This month, you'll find tips and resources in our online feature, [Holiday Planning](#) (live on the "Employee Assistance" homepage from November 1 to 30), or you can access related resources any time.

Remember: There's a lot to celebrate in the days ahead. Planning and preparing can help you enjoy a more peaceful holiday season.

Online: www.myinconfidence.ca
Username: NLMA **Password:** inconfidence
Call LifeWorks toll-free, 24/7: 1-877-418-2181
TTY: 1-877-371-9978

Note that this month's feature will be live on the homepage from November 1 to 30, 2018.

Search the platform any time for helpful resources related to this topic.

Download the "LifeWorks" App!



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